

# Cooling Log

The total cooling time for Potentially Hazardous Foods (PHF) may not exceed 6 hours.

PHFs must be cooled from 140 °F to 70 °F WITHIN 2 hours, and from 70 °F to 41 °F WITHIN the remaining 4 hours.



Check PHF temperatures  
BEFORE 2 hour limit and  
BEFORE 6 hour limit.



PHFs may be reheated to  
165°F ONLY if reheating is  
done before 2 hours.



After 2 hours, PHFs not cooled to 70°F  
must be discarded to prevent foodborne  
illness from spore-forming bacteria.



PHFs which do not cool  
to 41°F or below in 6  
hours must be discarded  
to prevent foodborne  
illness.

Date	Food Item	Cooling Temps BEFORE 140 °F ↓	Time Food 140 °F 	140°F - 70°F within 2 hours		Correct-Reheat 	70°F - 41°F within 4 hours				Correct-Discard 	Initials	Verified By / Date
				1 Hour 	2 Hour 		3 Hour 	4 Hour 	5 Hour 	6 Hour 			
1-Jun	RICE	192°, 164°, 147°	2:11 140°	3:11 84°	4:10 62°	none needed	5:11 55°	6:11 47°	7:11 43°	8:10 39°	none needed	L.P.	S.N. / 1-Jun
			140°										
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Cooling Methods: Ice bath Ice wands Metal containers Food in shallow pans Add ice to food



[www.minneapolismn.gov/foodsafety](http://www.minneapolismn.gov/foodsafety)

For reasonable accommodations or alternative formats please contact the Health Department at 612-673-2301 or by email at [health@minneapolismn.gov](mailto:health@minneapolismn.gov). People who are deaf or hard of hearing can use a relay service to call 311 at 612-673-3000. TTY users can call 612-673-2157 or 612-673-2626. Para asistencia 612-673-2700, Rau kev pab 612-673-2800, Hadii aad Caawimaad u baahantahay 612-673-3500.